



Dates of Season: July 29 - October 6 (Varsity postseason can extend)

Tryout Dates: July 29 and July 30 (MUST attend tryouts). Please have vacation plans scheduled before 7/29/24.

In-season Practices/Matches: Practices at Aston Oaks/Robin's Nest after school from 3:30-5:30 p.m. twice a week with Fridays off. Matches two times a week directly after school. Fridays are off.

Summer Practice: Tuesday mornings from 9:30am-11:30am at Aston Oaks starting June 11. Summer Practice/Play at Neumann will be Thursday evenings from 6:30pm-8:30pm.

Conditioning: We highly recommend preseason conditioning. It reduces injury and helps you stay strong through the season. Begins mornings in June/July at Seton's gym. Dates and times and fee TBD.

Group Spring Lessons: We will be organizing groups of 1- 2 golfers with PGA Pro Steve Chandler at Aston Oaks. Fee is \$10 per girl for 15 minutes per girl. So if you are in a group of 2, each golfer will pay \$10. The whole time period for 2 girls will be 30 minutes. The mindset for short lessons is to have the golfer master skills a little at a time before building on the next level. He is available starting in April on Tues, Wed, and Fri from 10-5. Saturdays are from 10-4.

Seton Golf Camp: June 17, 2024 at Robin's Nest 9 am-3 pm for all incoming freshman and grade school age interested in golf.

First Tee Program: Team volunteer activity on two Saturday mornings in July. Dates TBD.

1,000 Hole Club Challenge: This challenge is directed to all the Seton golfers to improve their game. Some of the activities will improve your game quickly and those are weighted with more credit (we call them "holes") than others. Essentially, we want you to put your emphasis on actually **playing golf** and **practicing golf**. So join the challenge and keep track, starting Oct 15, 2023-July 31, 2024. There are awards for reaching 500 as well as reaching 1000. The activities and their corresponding "holes" for the program are as follows:

- Varsity requires minimum 10 nine hole rounds/ JV require min of 7 nine hole rounds
- 9 hole play – 15 "holes" for rounds 1-5, 30 "holes" for rounds 6 and up
- 18 hole NON-tournament play = 60 holes
- Practice at range/putting green - 10 holes for 30 minutes, 20 holes per 1 hour
- 15 holes for every private lesson you receive (2 or less girls)
- Tournament play. If you play in an 18 hole Tournament you receive 70 holes. You must complete Tournament to receive credit. No points if you withdraw.
- 10 holes for team summer practices
- 10 holes for assisting or attending the Seton Golf Camp on June 17.
- 10 holes for each summer conditioning.
- 10 holes for every day of volunteering at First Tee.
- 10 holes for volunteering at Seton's Golf Outing on 7/15/24

We look forward to you joining the Seton Golf Team! If you have any questions, please contact Sue Toth – JV Coach thegtoths@gmail.com Steve Niederbaumer JV steve.niederbaumer@gmail.com